

STUDENT WELLNESS SURVEY - 6 TO 12

Physical Health



Province
New Brunswick

General health

| | |
|--|------|
| Perceived health, very good or excellent % 2021-2022 | 54.5 |
| Overweight or obese % 2021-2022 | 28.3 |

Movement and rest

Physical activity

| | |
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| Daily moderate or vigorous physical activity % 2021-2022 | 22.2 |
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School commute

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|---|------|
| Commutes actively % 2018-2019 | 7.0 |
| Commutes inactively % 2018-2019 | 77.9 |
| Mixed (actively and inactively) % 2018-2019 | 15.1 |

Leisure screen time

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| Has 2 hours or less of screen time, weekdays % 2021-2022 | 14.5 |
| Has more than 2 hours of screen time, weekdays % 2021-2022 | 85.5 |
| Has 2 hours or less of screen time, weekends % 2021-2022 | 13.9 |
| Has more than 2 hours of screen time, weekends % 2021-2022 | 86.1 |

Sleep

| | |
|--------------------------------------|------|
| Sleeps 8 hours or more % 2021-2022 | 30.2 |
|--------------------------------------|------|

| | Province New Brunswick |
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| Uses an electronic device before bed % 2021-2022 | 89.4 |
| Uses it 1 to 3 nights a week % 2021-2022 | 13.1 |
| Uses it every night % 2021-2022 | 65.2 |
| Has trouble going to sleep % 2021-2022 | 65.1 |

Healthy eating

Food choices

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|--|------|
| Eats 5 or more servings of vegetables or fruit per day % 2021-2022 | 45.9 |
| Eats highly processed foods 1 time or less per day % 2021-2022 | 36.7 |
| Drinks sugary drinks % 2021-2022 | 68.8 |
| Drinks high energy drinks % 2021-2022 | 16.0 |

Eating habits

| | |
|---|------|
| Did not eat fast food, last 7 days % 2021-2022 | 33.0 |
| Ate fast food 3 times or more, last 7 days % 2021-2022 | 12.7 |
| Did not eat while using an electronic device, last 7 days % 2021-2022 | 26.7 |
| Ate 7 times or more while using an electronic device, last 7 days % 2021-2022 | 19.5 |
| Eats the evening meal with family or friends, daily % 2021-2022 | 44.5 |
| Eats the evening meal with family or friends, most days % 2021-2022 | 60.3 |
| Eats breakfast, daily % 2021-2022 | 36.2 |
| Eats breakfast, most days % 2021-2022 | 48.2 |

Barriers to daily breakfast

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| No time % 2021-2022 | 24.8 |
| Not hungry % 2021-2022 | 34.8 |
| Feels sick after breakfast % 2021-2022 | 17.2 |

| | Province New Brunswick |
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| Tries to lose weight % 2021-2022 | 10.0 |
| Has nothing to eat at home % 2021-2022 | 3.6 |

Safety

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|---|------|
| Driver of an off-road vehicle - under the influence of alcohol or drugs, last 12 months % 2018-2019 | 9.3 |
| Passenger in an on-road vehicle - driven by someone under the influence of alcohol or drugs, last 12 months % 2018-2019 | 17.2 |
| Wears a helmet when biking % 2018-2019 | 31.0 |
| Has been injured and had to be treated % 2018-2019 | 30.1 |

Sexual violence

| | |
|---|------|
| Has been sexually violated % 2018-2019 | 10.4 |
| Victim of dating violence, last 12 months (among those who dated) % 2018-2019 | 16.6 |
| Knows when legally able to consent to sexual activity % 2018-2019 | 71.2 |

About this Table

Content and description

This table presents data collected from students in grades 6 to 12 through the New Brunswick Student Wellness Survey (SWS). It contains self-reported information regarding the physical health of New Brunswick students in grades 6 to 12. Topics include general health, physical activity, screen time, sleep, healthy eating, safety, and sexual violence.

Why it is important

When students are supported in adopting positive health behaviours, they build a lifestyle that will prevent diseases and maintain good health for them in the long term. By better understanding the health behaviours of students, we can better plan for services and allocate resources to support a healthier lifestyle for them and our communities.

Availability of the data

The information for this data table is available at different geographical levels as well as by demographic groups.

More information is available on our [New Brunswick Student Wellness Survey](#) page.

Note about 2021-2022 data

The methodology of the 2021-2022 edition of the SWS was significantly changed. This was the first cycle to adopt online data collection, and a shorter data collection period. Also, the survey questionnaire was thoroughly revised for this cycle. Many questions were removed or amended. As such, some indicators are no longer comparable to previous years. As such, caution always needs to be exercised when attempting to compare the results of the survey with results from prior survey cycles outside of what is displayed in this Data Table.

The 2021-2022 edition of the SWS was conducted during the COVID-19 pandemic. Some schools may have had lower participation from their students than previous years. Some students may have participated to the survey during periods of remote learning.

Caption

n/a = Not applicable / not available

S = Data was suppressed due to low respondent counts